



"The COVID-19 pandemic has uprooted our daily lives. My staff and I are working remotely, but we are still here for you. If you need any assistance or information, contact us by phone or email. Please stay safe and healthy."

– **Assembly Member
Rebecca A. Seawright**

New York State Assembly
Albany, NY 12248

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All eligible voters can
vote by mail in the June 23
primary elections.

Visit www.elections.ny.gov
for more information.

Stay home, save lives.

**Assembly Member
Rebecca A. Seawright**

**We're all
in this together**

Look inside
for important
COVID-19
updates and
resources



COVID-19 Information and Resources

Stay informed and learn about resources available during the COVID-19 crisis:

- **New York State Department of Health:**
888-364-3065 | www.ny.gov/coronavirus
Visit now.ny.gov/page/s/coronavirus-updates to sign up for email updates from the state Department of Health.
- **Centers for Disease Control and Prevention (CDC):**
www.cdc.gov/coronavirus/2019-ncov/whats-new-all.html
- **New York City Resources:**
access.nyc.gov | www1.nyc.gov/site/coronavirus/index.page
- **Mental Health Hotline:** For free and confidential emotional support, consultation and referral to a local provider, call: 1-844-863-9314
- **New York State Domestic Violence Hotline:**
1-800-942-6906 | NYC: 1-800-621-HOPE
- **Child Care Resources for Parents and Providers:**
www.ocfs.ny.gov/programs/childcare

Food Resources

Call 311 to get immediate information and assistance on the resources available.

New York City is taking steps to make sure every New Yorker has access to the food they need. For individuals who are in need of support with meals and food, here are some resources that we want to be sure you are aware of:

- Any New Yorker can receive three free meals a day at one of more than **400 Meal Hubs** across the city:
<https://www.schools.nyc.gov/freemeals>
- The City has created the GetFoodNYC food delivery program to provide food for coronavirus (COVID-19)-vulnerable and food-insecure New Yorkers not currently served through existing food delivery programs. Find out more information: <https://www1.nyc.gov/assets/dsny/contact/services/COVID-19FoodAssistance.shtml>
- If you are interested in the location of a food pantry, please visit the **Food Help NYC pantry locator**:
<https://maps.nyc.gov/foodhelp/#map-page>

We recommend calling to ensure the particular location is open.

State and Federal COVID-19 Resources

Unemployment Insurance

If you've lost employment because of the COVID-19 crisis and need help paying your bills, call 1-888-209-8124 or visit labor.ny.gov/unemploymentassistance.shtm. The federal CARES Act provides enhanced UI benefits and Pandemic Unemployment Assistance (PUA) for New Yorkers. Visit labor.ny.gov/ui/cares-act.shtm to learn more.

Federal CARES Act

- Authorizes recovery checks for U.S. taxpayers, which are being sent out now. If you have not received your check, visit www.irs.gov/coronavirus/economic-impact-payments.
- New York small businesses are eligible for emergency loans to help retain employees. Go here for more info: www.sba.gov/page/coronavirus-covid-19-small-business-guidance-loan-resources.
- All private insurance plans are required to cover COVID-19 treatments and vaccines and all coronavirus tests are free.
- Funding is provided for hospitals, community centers and food banks.

Sick and Paid Leave Benefits Are Available

New state law provides sick leave and benefits to isolated or quarantined workers. To learn how much you qualify for, visit paidfamilyleave.ny.gov/COVID19.

SNAP Benefits

To help New Yorkers provide for their families, the state made \$200 million in emergency funding available to expand SNAP benefits, enabling all eligible recipients to receive the maximum benefit amount in April. Visit otda.ny.gov/SNAP-COVID-19 for more information.

Vital COVID-19 Updates



Tax Day

The deadline for filing both your state and federal taxes has been moved from **April 15** to **July 15**.

Be Counted in the Census!

New York needs a complete census count so we get our fair share of federal funding for everything from hospitals to public schools. Respond by mail, by phone or online. Visit my2020census.gov to fill out the questionnaire online or learn more.



Blood Donation

The Red Cross is calling on eligible donors to do their part and help prevent blood shortages. To schedule an appointment, call 1-800-733-2767.



June Regents Canceled

To protect the health and safety of students and teachers, all June Regents exams are canceled. Graduation requirements have also been adjusted to ensure students aren't adversely impacted by this necessary change.



New York's essential workers are working hard every day to provide critical services and keep our state moving forward. We'll always have their backs.

Information accurate as of 4/27/20.